

MILWAUKEE COUNTY SENIOR DINING

UNITED COMMUNITY CENTER

730 W. WASHINGTON STREET

FOR CURBSIDE PICK-UP

APRIL



MILWAUKEE COUNTY
Department on Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REQUIRED 649-2807	Aging Resource Center (414) 289-6874 <i>Answers to all your questions on aging</i> Se sugiere \$3.00 de donación por cad comida	60+ Suggested Contribution \$3.00 Para reservar su almuerzo favor de llamar al 649-2807	1 Turkey Hot Dog Wheat Bun Baked Beans Seasoned Potatoes Ketchup & Mustard Fruit Cocktail	2 Tilapia Fillet Tartar Sauce Quartered Red Potatoes Coleslaw Rye Bread Sliced Peaches
5 Sloppy Joes on Whole Wheat Bun Macaroni & Cheese 3-Bean Salad Diced Pears	6 Boneless Pork Loin Puerto Rican Rice Mixed Greens w/Dressing Whole Grain Dinner Roll Applesauce	7 Turkey Ham & Cheese w/Mayo on a Kaiser Roll Peas & Carrots Pineapple Tidbits Lorna Doone Cookie	8 Beef & Cheese Soft Tacos Whole Wheat Tortilla Lettuce & Tomato Mexican Rice & Beans Mandarin Oranges	9 BBQ Baked Chicken Scalloped Potatoes Broccoli Cuts Dinner Roll Banana
12 Meatballs w/Marinara Sauce Spaghetti Italian Vegetables Breadstick Mixed Fruit	13 Cheese Enchiladas Mexican Rice Mexican Beans Lettuce Salad w/Tomato & Carrot Blueberry Pie	14 Tuna Salad w/Celery & Onion Mixed Lettuce Blend Sliced Tomatoes French Roll Diced Peaches	15 Chicken Fajitas White Rice Mexicali Corn Whole Wheat Tortilla Pear Slices	16 BBQ Riblet Whole Wheat Bun Mac & Cheese Baked Beans Cinnamon Applesauce
19 Pub Burger on Whole Wheat Bun w/Onions Oven Fries Wisconsin Vegetables Pineapple Chunks	20 Pork Stew Brown Rice Sweet Corn Crusty Roll Mandarin Orange	21 Ground Beef Picadillo Mexican Rice Spring Salad w/Beets Whole Wheat Tortilla Grapes	22 Roast Sliced Turkey w/Gravy Mashed Potatoes Country Style Veggies Dinner Roll Strawberries & Cream	23 Steak Ranchero White Rice Refried Beans Salad w/Cucumbers Tortilla Vanilla Pudding
26 Glazed Ham Scalloped Potatoes Baby Peas Marble Rye Bread Fresh Orange	27 Chicken Fricassee Brown Rice Green Beans Whole Grain Bread Tropical Fruit	28 Beef Lasagna Cauliflower Garlic Bread Garden Salad Peach Slices	29 Bistec Encebollado White Rice Beans Steamed Carrots Italian Bread Diced Pears	30 Chicken Parmesan Penne Pasta Spring Salad w/Cherry Tomatoes Breadstick Gala Apple

View Menus Online! Milwaukee County Division on Aging: county.milwaukee.gov/aging ♦ Senior Dining Office: (414) 289-6995

SAFE FOOD SHOPPING GUIDE

Home food safety starts at the store. Grocery shopping must be done safely to reduce the risk of food poisoning. By following these recommendations, you can help make sure the food you bring home is safe.

STOREWIDE TIPS



Bring hand sanitizer and use it before sampling foods at the store



If the "sell by" date has passed, don't buy the product



Make sure food packages are free from holes, tears or openings

PRODUCE

When buying pre-cut, fresh produce, make sure it's refrigerated or set in ice



Keep fruits and vegetables separate from raw meat, poultry and seafood products in your cart

Pick produce that is free of major bruises and damages

Beware of bulk discounts, since fresh produce has a limited shelf life

CANNED GOODS



Avoid buying cans that are deeply dented, bulging or rusting

Buy these perishable items toward the end of your shopping trip:

MEAT, POULTRY & FISH

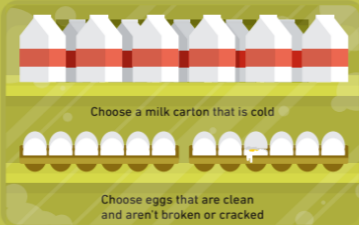


Put raw meat, poultry and seafood in plastic bags before placing them in your cart to keep them from leaking onto other foods



Choose pre-cooked meats and fish from the butcher counter that are completely separated from raw items in the display

DAIRY & EGGS



Choose a milk carton that is cold

Choose eggs that are clean and aren't broken or cracked

FROZEN FOODS



Frozen foods should show no signs of thawing

CHECKOUT



When checking out, bag frozen foods together to keep them cold

Bag raw meats, poultry and seafood separate from other foods to keep juices from leaking

HEADING HOME



Go home immediately after grocery shopping because perishable food must be refrigerated within two hours



- ▶ If you know you can't go straight home, bring a cooler bag to store the perishable items
- ▶ Wash reusable grocery bags regularly

For more tips to keep food safe from the store to your fork, visit www.HomeFoodSafety.org.



Read the label!

More than

eat right. Academy of Nutrition and Dietetics

90%

of Americans may be prematurely tossing food because they misinterpret food labels as indicators of food safety. Know your labels:



Buy the product before the Sell By date passes and cook or freeze the product by the time on the Refrigerator/Freezer Storage Chart



0 123456 789012
SELL BY: 18 JUNE 2020

The "sell by" date tells the store the last day they should sell that specific package.

The "best if used by" date is the recommended date for best flavor or quality.

The "use by" date is the last date recommended for use of the product at peak quality.

If a product has a "use by" date, follow that date

WAYS TO PRESERVE FOOD & MAKE IT LAST LONGER

FREEZE

Wrap freezer items in heavy freezer paper, plastic wrap, freezer bags or foil

surplus food, such as abundant seasonal produce or meats to extend shelf life.

Blanch vegetables before freezing

Date all freezer packages and use the oldest food first

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	JUNE	DEC	31					



USE A REFRIGERATOR THERMOMETER TO ENSURE THE FREEZER IS SET TO 0°F OR BELOW.

0°F

KEEP IT SAFE

FROM PURCHASE TO PLATE

1 DON'T PURCHASE PRODUCE WITH **MOLD** **BRUISES** **CUTS**

2 **WASH** ALL PRODUCE BEFORE EATING

3 **SEPARATE** ready-to-eat foods like fruits and vegetables from raw meat, poultry, seafood and eggs

4 Set fridge to **40°F** or lower



eat right. Academy of Nutrition and Dietetics